

Full Report (All Nutrients) 01231, Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Report Date: December 09, 2015 17:18 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 170g
Proximates					
Water	g	79.00	--	--	134.30
Energy	kcal	86	--	--	146
Energy	kJ	361	--	--	614
Protein	g	4.93	--	--	8.38
Total lipid (fat)	g	1.25	--	--	2.12
Ash	g	1.02	--	--	1.73
Carbohydrate, by difference	g	13.80	--	--	23.46
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	5.43	--	--	9.23
Minerals					
Calcium, Ca	mg	171	--	--	291
Iron, Fe	mg	0.07	--	--	0.12
Magnesium, Mg	mg	16	--	--	27
Phosphorus, P	mg	135	--	--	230
Potassium, K	mg	219	--	--	372
Sodium, Na	mg	66	--	--	112
Zinc, Zn	mg	0.83	--	--	1.41
Copper, Cu	mg	0.013	--	--	0.022
Manganese, Mn	mg	0.004	--	--	0.007
Selenium, Se	µg	4.9	--	--	8.3
Fluoride, F	µg	12.0	--	--	20.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.8	--	--	1.4
Thiamin	mg	0.042	--	--	0.071

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 170g
Riboflavin	mg	0.201	--	--	0.342
Niacin	mg	0.107	--	--	0.182
Pantothenic acid	mg	0.552	--	--	0.938
Vitamin B-6	mg	0.045	--	--	0.076
Folate, total	µg	11	--	--	19
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	19
Folate, DFE	µg	11	--	--	19
Choline, total	mg	15.2	--	--	25.8
Vitamin B-12	µg	0.53	--	--	0.90
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	12	--	--	20
Retinol	µg	12	--	--	20
Carotene, beta	µg	2	--	--	3
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	43	--	--	73
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	1	--	--	2
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.752	--	--	1.278
4:0	g	0.037	--	--	0.063
6:0	g	0.025	--	--	0.042
8:0	g	0.016	--	--	0.027
10:0	g	0.036	--	--	0.061
12:0	g	0.043	--	--	0.073
14:0	g	0.132	--	--	0.224

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 170g
16:0	g	0.341	--	--	0.580
18:0	g	0.122	--	--	0.207
Fatty acids, total monounsaturated	g	0.313	--	--	0.532
16:1 undifferentiated	g	0.027	--	--	0.046
18:1 undifferentiated	g	0.286	--	--	0.486
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.035	--	--	0.060
18:2 undifferentiated	g	0.025	--	--	0.042
18:3 undifferentiated	g	0.010	--	--	0.017
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	5	--	--	8
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0